



# GUIDELINES

*A Publication of The Ohio Counseling Association*

Fall, 1998

Vol. 25, No. 1

## From the President's Desk

Scott E. Hall, Ph.D., LPCC



Greetings and welcome to a new year in the Ohio Counseling Association! As many of you know, a new year for OCA begins each July 1. During the month of July we hold a leadership conference at which time new division and chapter presidents, committee chairs, the OCA secretary, treasurer, executive director, president, past president, president-elect, and emerging leaders meet. The leadership conference is an opportunity for the 32 member Executive Council to get acquainted, review past goals and set new ones, and brainstorm

on creative new opportunities that affect OCA and the profession.

As a state branch of the American Counseling Association, our goals must be aligned with the strategic direction of ACA. In turn, each division, chapter, and committee of OCA is charged with developing an action plan consistent with OCA goals. Although your respective division and chapter presidents will be seeking your input, I invite you to offer suggestions to them or me at any time. Sometimes our most creative thoughts occur during unplanned moments!

During the September Executive Council meeting, action plans will be presented and compiled. I will then provide you with an overview of OCA's goals and strategies in the fall newsletter.

As this is the first newsletter of the new year during my term as president of OCA, I thought it appropriate to give a brief introduction of myself. I'm from a small town in western North Carolina, and although I have lived in Ohio only since 1989, most say I have lost my southern accent. I hold a B.S. in business administration from Western Carolina University, a M.S.Ed. in

counselor education and student personnel from Ohio University, and a Ph.D. in counselor education and supervision from Ohio State.

I am an assistant professor in the Department of Counselor Education and Human Services at the University of Dayton and maintain a small private counseling and consultation practice. My license is Professional Clinical Counselor. In addition, I have been active in OCA since 1989, having served in a variety of leadership positions.

I am passionate about our profession and the role we as individual practitioners and as an organization play in wellness. I also embrace a creative, informed, and committed grass roots approach to idea development and implementation. I truly believe this is where progress happens.

On a more personal note, my wife, Joan, and I have two children, Alexandra (5 yrs.) and Miles (8 mos.). I enjoy my family, golf, snow and water skiing, fly fishing, softball, painting, autumn, and coffee shops. There probably is more, but then I couldn't call it brief. Hopefully, you have a glimpse of Scott Hall.

As the year unfolds you will learn more about me, OCA, your profession, and yourself. Get to know other members. Take an active role in your chapter. Encourage others to join. Surf the OCA webpage ([www.ohiocounselingassoc.com](http://www.ohiocounselingassoc.com)) and attend the All Ohio Counselors Conference in November!

I look forward to working with you all!!

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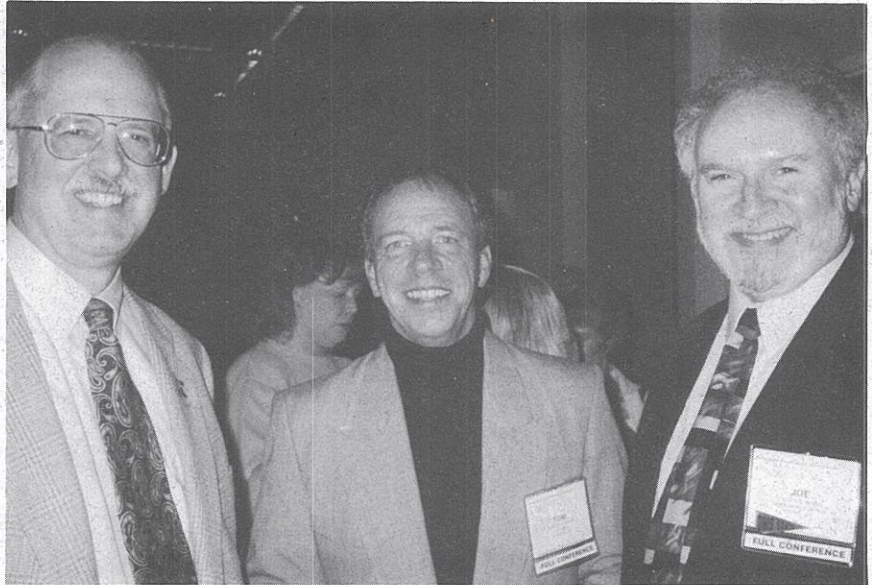
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John West of Kent State chats with Finance Chair Tom Davis and Executive Director Joe Saunders at the ACA World Conference in Indianapolis

### Executive Excerpts

Joe Saunders, Ph.D., LPCC

I begin my sixth year as executive director of OCA. I am appreciative of the opportunity which you have so graciously given me to serve you and the profession. The accomplishments of the past six years, however, have accrued largely as a consequence of cooperative efforts of those with whom it has been my privilege to associate under the auspices of OCA.

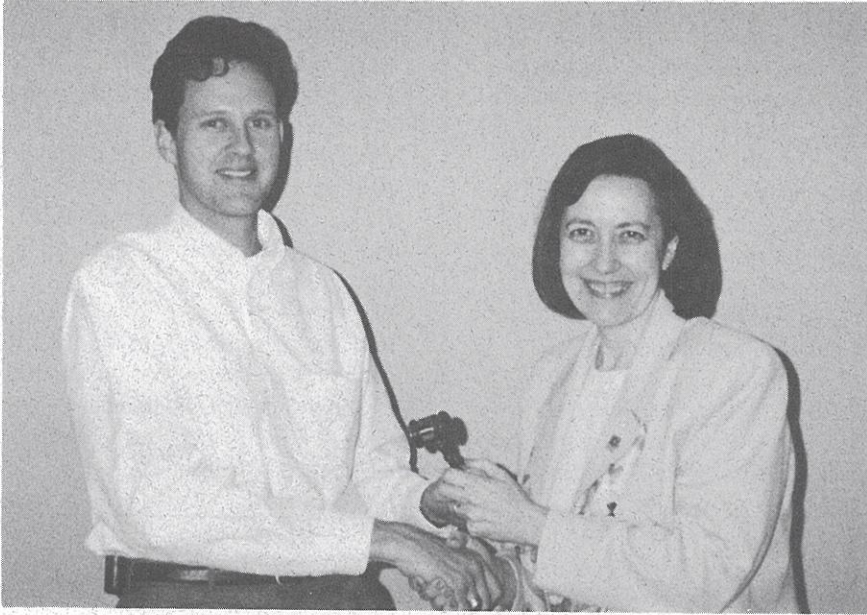
I eagerly anticipate another good year as Scott Hall begins his presidential term. He has surrounded himself with leaders and advisors of highest caliber on the Executive Council. He will maintain the constancy and effectiveness of leadership which Past President Eileen Self brought to OCA.

It is with regret David Stone advised OCA that because he has accepted a position at Northern

Illinois University, he must resign the post of president-elect. Dave has served on the Executive Council with distinction, and we surely, will miss his leadership. OCA bylaws provide that the Executive Council must appoint his successor. The process is underway.

Prior to his election as president-elect, David was to sit as president of OAMCD. Once elected, bylaws require that he step down from that position. OAMCD Past President Cher Igelman has been appointed by the OAMCD Executive Council to serve as interim president until the annual election takes place.

The OCA Leadership Conference was held at AmeriSuites Hotel in Columbus on July 18. The Executive Council and other future leaders of OCA were oriented to President Hall's plan for the year. We welcome new leaders and wish them every success as they undertake the leadership of their respective organizations.



Past President Eileen Self presenting the president's gavel to President Scott Hall

#### Passing the Gavel

You may be interested to know there are 32 past presidents of OCA. It is appropriate to pay tribute for their many contributions to the counseling profession. They are:

Herbert Agnor (1967-68)  
 David Hathaway (1968-69)  
 Miriam Brown (1969-73)  
 H. Eugene (1970-71)  
 Russell Getson (1971-72)  
 Donald Frericks (1972-73)  
 Charles Hayden (1973-74)  
 Frank O'Dell (1974-75)  
 Irene G. Bandy (1975-76)  
 George Parsons (1976-77)  
 Daisy E. Takacs (1977-78)  
 Joel Chermonte (1978-79)  
 Jack Cochran (1979-80)  
 Jim Wigtil (1980-81)  
 Patricia Lance (1981-82)  
 Bill Nemece (1982-83)  
 Barbara Dzur; Susan Huss (1983-84)  
 Charlotte Huddle (1984-85)  
 Susan Sears (1985-86)  
 Sandy Weller (1986-87)  
 Bill Nichols (1987-88)

Tom Davis (1988-89)  
 Hannah Dixon (1989-90)  
 Jan Gill Wigal (1990-91)  
 Sally Navin (1991-92)  
 Doris Rhea Coy (1992-93)  
 David Santoro (1993-94)  
 Martin Ritchie (1994-95)  
 Maude Ann Robinson (1995-96)  
 Michael Maly (1996-97)  
 Eileen F. Self (1997-98)

We also want to express appreciation to the many OCA members and leaders whose dedicated work has made it possible for OCA to be able to follow its mission of promoting public confidence and trust in the counseling profession. Because of their far-reaching vision, OCA is recognized as the association for professional counselors.

#### Santoro Scholarship Benefits Planned

Mark your calendar for a gala dinner dance to be held at Springvale Golf Club, North Olmsted, Ohio, on Saturday November 14, and a golf outing and dinner on July 9, 1999.

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Proceeds from both events will augment a memorial scholarship fund that David A. and Sheila Santoro have established in memory of their son David Lawrence, a Cleveland State alumnus. The goal of both of these benefits is to raise \$10,000 or more to be used to establish an on-going endowment scholarship in counselor education at Cleveland State University. Dave Santoro is a long-time counselor educator and past president of OCA. Sheila is an LPCC and a Ph.D. candidate at CSU.

Plan to join in the fellowship of these events, which will benefit and assist many aspiring counselors. Look for a flyer with further details or call Sheila Santoro at (216) 687-3737.

#### All Ohio Counselors Conference November 4-6, 1998

Make plans now to attend the annual All Ohio Counselors Conference November 4-6 at the Adams Mark Hotel. The theme for this year's conference is "Counselors: Lighting the Way for Personal and Societal Change."

Program and registration materials will be mailed to counselors during the week of September 7. Non-OCA members may request a packet by calling (614) 833-1198 and leaving a message.

OCA has signed a three-year contract with the Adams Mark Hotel to host the conference. The hotel has been rejuvenated under the new ownership. A benefit to members of OCA is reduced rates for lodging at the Adams Mark. When making reservation, be sure to indicate that you are a member of OCA. You may also be required to show your membership card at check-in.

### Book Review

Stanley, Scott and Trathen, Daniel (1998). *A lasting promise: A Christian guide to fight for your marriage*. Jossey-Bass Publishers.

The authors have written a useful, easy to read, pragmatic, self-help book for protecting and nurturing a marriage relationship based on Christian principles. In addition to drawing on marital research to support their approach and conclusions, they offer Biblical citations and commentary that they believe support, for the most part, the findings derived from couple research.

There are three sections to the book and each section is filled with case material that illustrates common marital issues, useful suggestions on ways to resolve conflicts or lesson tension, and practical exercises that couples can use to deepen the lessons outlined. All of the preceding components are permeated with Christian principles in which marriage is viewed as a committed and sacred relationship.

Part One of the book is a straightforward discussion of communication problems and conflict resolution strategies for resolving difficulties. Part Two describes more complex antecedents to marital problems including the impact of family of origin patterns, unmet needs, different expectation, hidden issues, cultural differences, and different religious and spiritual beliefs. Counselor educators and family counselors will resonate to this section because it presents the most interesting and useful material for class purposes or for couples counseling. For couples using this book as a self-help guide, the

content in Part Two contains a helpful series of checklists and exercises that enable couples to identify and reflect on the finer and more hidden points of their conflicts and ways to improve the relationship. It is unlikely, however, that the information and exercises alone would be sufficient to resolve deeper disagreements. Follow-up counseling, in most cases, would be needed.

The book will have a strong appeal to couples who desire clear and sound marital advice blended with Christian principles. The prescription-like style and the brevity of particular recommendations, however, may be viewed by some as an oversimplification, and, perhaps, pollyannaish. By others, the simplification and skill-based approach will be user friendly.

*Reviewed by David A. Santoro who is a counselor educator at Cleveland State University in Cleveland, OH.*

### Guidelines Advertising Rates

Full Page \$250  
Half Page \$125  
Quarter Page \$ 65  
Back Cover (1/2 page) or preferred placement: Add \$25. Discount 15% if ad runs 2+ issues.  
**Next deadline: November 1, 1998**

### Call for Nominations for OCA President Elect

Nominations for president-elect for OCA for the 1999-2000 term of office are solicited from the membership until November 1, 1998. *Jan 15, 2000* The nominees must have served on the Executive Council of OCA for at least one of the past three years. The nominees must also be professional members of OCA and ACA. A letter of

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nomination must be sent to OCA, Heidelberg College, 14 Clinton Ave., Tiffin, Ohio 44883. The nominating committee of the Executive Council will select the slate of officers at its November meeting. Ballots will be spread to all members of OCA for election. The finalist becomes president-elect on July 1, 1999.

*according to bylaws change*  
You may nominate from the list of people who have served on the executive council within the last three years and are current members of OCA and ACA.

### Potential President-Elect Nominees

Kathleen Addison  
Lucinda Boright  
John Brent  
Beth Britton  
Barbara Bryndal  
JoLynn Carney  
Jack Cochran  
Tom Davis  
Barbara Denny  
David Di Lullo  
Amy Eiler  
Susan Freimark  
Darcy Granello  
Paul Granello  
Larry Gulick  
Richard Hazler  
Judy Howard  
Jean Howes  
Susan Huss  
Cher Igelman  
Mary Iames  
Anita P. Jackson  
Mary Ann Jones  
Tom Kupec  
Terri Little  
Michael Maly  
Jason McGlothlin  
Tom Meiring  
Dennis Mendleson  
Alice Morgan  
Bill Nemec  
Cynthia Osborn  
Mimi Patterson  
Ronna Posta

*Jan*  
*called last year any case OCA Pres. eligible to be nominated*

Terri Pregitzer  
 Jan Preston  
 Rose Quinones-Del Valle  
 Geoff Raine  
 Suzanne Roberts  
 David Santoro  
 Eileen Self  
 Terry Southwick  
 Jeannine Studer  
 Diane Stump  
 Amy Suttman  
 Jean Underfer-Babalís  
 Holly Welther  
 Bob Windle

#### Carl Graf Dies

mx  
 retired member  
 g  
 Carl F. Graf, Sr., public member of the Ohio Counselor and Social Workers Board for the past four years, died in Columbus on June 21. He emigrated from Germany nearly 70 years ago. He was a bank executive. The economic depression in Germany forced Carl's family to come to America. They settled in the German Village area of Columbus. He was president of Maennerchor, the 142-year-old German singing society.

Carl dedicated his life to helping others. He was president of Charity Newsies and other organizations which assisted people in need. He will be sorely missed by the Columbus community.

#### Liability Update

ACA Insurance Trust liability insurance through OCA was projected to be available by July 1, 1998. Fine-tuning the program to the needs of professional counselors in Ohio, however, has set back the projected date of availability to September, 1998.

The insurance will be made available to professional members of OCA. Students are not covered under the plan. A mailing will be sent to all members and licensees in

Ohio informing of this service as soon as final details are complete.

A 10% reduction of rates is available to all members who enroll in the six-hour preconference on ethical practices of counselors to be held on November 4 at the All Ohio Counselors Conference. The workshop will be provided by the ACA Insurance Trust. It is projected that the workshop will begin at 3PM, and will include a meal break at no additional cost. Watch for further information in the conference brochure.

#### Chapter and Division News

##### North Central Ohio Counseling Association

NCOCA held its spring meeting and election of officers on May 18, 1998, "Issues and Trends in the Counseling Profession." We were very pleased to have Joe Saunders, OCA's Executive Director and Cynthia Snyder, OCA's Legislative Consultant, as our guest speakers. The evening was well attended. There also was a special panel of counselors from various sites in the community for graduate students to obtain information on networking and employment options.

We are looking forward to the coming year. Our fall program is scheduled for Monday evening, October 19, 1998 (Holiday Inn in Independence, OH). We are featuring two speakers: Warren Faber, who will be presenting briefly on EMDR, and Dave Santoro presenting on the Counting method. The evening promises to be both experiential and educational. We also are planning a family picnic for our old and new executive boards and committee chairs.

--Ronna Posta

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### Ohio School Counselor Association

The annual OSCA Leadership Development Institute held at the Radisson North in Columbus on June 12-13, 1998, was a great success. Board members were excited, motivated, and inspired to become better leaders and counselors during the 1998-99 school year. A special feature of the LDI was the presentations by Luvern C. Cummingham, a co-partner in Leadership Development Associates, Gahanna, Ohio. Cummingham has been a research professor and university administrator for more than thirty years. He served as Dean of the College of Education at Ohio State from 1967-1973. He has lectured and served as a consultant throughout the United States and in other countries.

Cummingham introduced the board to the KIVA, a group technique used in identifying and refining leadership initiatives. The KIVA, developed by Cummingham, is a convening mechanism in which large groups can examine transcendent issues surrounding a program, project, concept, or problem. The KIVA helps to stimulate thinking and allows for broad and diverse participation. The objectives of the KIVA were (1) exposure to and experience with the KIVA as a leadership learning tool, (2) concentration on professional practice and organizational growth, and (3) applications within school district and community settings. The KIVA helped board members to better realize what we must do to advocate for children and promote the image of school counseling and OSCA. The second presentation was on environmental scanning. The objectives were (1) exposure to and experience with environmental

scanning as a tool for strategic planning, (2) focus on long/short term personal and organizational development needs, and (3) review of the information sources that enhance daily professional practice. The LDI concluded with discussion of the OSCA Strategic Plan and members setting goals and completing their plan of action for 1998-1999.

Five members of the OSCA Executive Board attended the American School Counselor Association Delegate Assembly and Conference in San Antonio, Texas, June 24-29, 1998. Representing OSCA were Jeannine Studer, Judy Howard, Jean Howes, Terri Pregitzer, and Stephen Peck. Other Ohio attendees were Diana Byrum, Columbus; Carolyn Collins, Canton; Susan Faulkner, Cleveland; Bruce Fritch, Delaware; Christina Kutchief, Akron; Daniel MacDonald, Cleveland Heights; Judy Morgan, Dresden; James Seals, Cincinnati; Susan Sears, New Albany; Amy Stockdale, Newark; Ann Tye Shimels, Strongsville; and Ron Waterwash, Richwood.

During the ASCA Conference there were twelve pre-conference sessions, four keynotes, and 71 presentations in skill development and interest sessions. A wide variety of topics were covered for counselors at all levels.

During the Delegate Assembly, the Ohio School Counselor Association was presented with two grants from ASCA. Ohio was the only state to receive two grants. One grant was the Leadership Development Grant to provide assistance to president-elects to attend the yearly ASCA leadership training. This training provides leaders with strategies, networking opportunities, and professional development for emerging leaders. The second

grant is the Innovative Initiatives Grant for the purpose of developing and implementing new programs. This grant will be used for a full-day workshop to train school counselors in internship site supervision.

Thank you for your interest in our professional organization. Your suggestions and concerns help give the OSCA board new ideas to consider so that we can better support you and, in turn, the children and adolescents in Ohio's schools.

Dates for future OSCA meetings are as follows: October 2 and 3, November 4 - 6 (AOCC), February 5 and 6, April 30 and May 1, and ASCA Conference June 26 - 29, 1999, Phoenix, Arizona.

--Judy Howard

#### Ohio Association for Specialists in Group Work

OASGW and NCOCA will sponsor a workshop entitled "The Nuts and Bolts of Becoming a Better Supervisor: A Workshop for Beginning and Experienced Supervisors" on October 10 at the University Center of Cleveland State University. Cost is \$15 for members and \$20 for nonmembers. CEUs will be provided. For further information, contact Tom Meiring, OASGW president, (419) 872-0619 or Ronna Posta, NCOCA president, (216) 524-7772.

--Tom Meiring

#### Ohio Association for Counselor Education and Supervision

OACES is gearing for another productive year. First, I would like to thank Anita Jackson for her fine work as president of OACES during the past year. A lot was accomplished under her capable leadership, and I look forward to

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continuing several of the initiatives that she began.

During the spring meeting, Cindy Osborn from Kent State University was elected president-elect of OACES, and I am pleased to announce that Cynthia Reynolds will stay on as treasurer.

OACES achieved a new standing this year -- a membership of over 100 Ohio counselor educators and supervisors and graduate students in training. With this number, we have been allocated an additional vote on OCA Executive Council. I am pleased that Richard Hazler from Ohio University will join me in representing OACES on the council. Ken McCurdy, also from Ohio University, will be assisting in organizing our graduate students.

We have begun to make decisions about the agenda for OACES for the coming year. Based on the results from the survey taken at the winter meeting, it appears that we have a wide variety of interests among us. To meet the needs of members, it is our plan to have breakout sessions at upcoming OACES meetings where participants can join small group discussions, lectures, or planning sessions that most interest them. Some of these will include (but are not limited to): technology advances in counselor education; training of supervisors; graduate student interest groups; multicultural issues; and reconceptualizing the training of school counselors. Of course, we will also continue the work of the Task Force with the Ohio Counselor and Social Worker Board to help ensure smooth transition into the new licensure law.

I would remind everyone that we now have a listserv that is open to

all OACES members. This is a quick, easy, and inexpensive way to get messages to the membership in a timely manner and for members to interact with each other. I would encourage you to join, if you have not already done so. To join, send an e-mail to: [listserv@lists.acs.ohio-state.edu](mailto:listserv@lists.acs.ohio-state.edu) with the following in the body of the message: Subscribe OHCOUNSED firstname lastname

I look forward to hearing from all members (or potential members!) with ideas, suggestions, and, of course, offers to volunteer!

--Darcy Haag Granello

### Ohio Association for Spiritual, Ethical, and Religious Values in Counseling

After only its first year in existence as a state division, OASERVIC celebrates 104 members strong! We are pleased with the response we have received from students (N=50) and professionals thus far, all of whom have expressed interest in being involved in this newly-formed division. There is much to do, and much to be a part of!

Our plans for the 1998-99 year are to allow for opportunities for members to become acquainted and "network". Our first "in-person" gathering for this second year will occur at the All Ohio Counselors Conference in Columbus in November. The spring, 1998, workshop will be rescheduled for winter (February), 1999, and an event in the spring of 1999 is in the making.

An on-line listserv for OASERVIC members has been established and information on subscribing will be available in our fall, 1998, membership newsletter. This will provide computer literate members

a forum for distance discussion and collaboration.

A special thanks is extended to Scott Hall, OCA president and OASERVIC "visionary"; John Brent, OASERVIC past president; and the 1997-98 OASERVIC members who were active in getting our state division off and running. I look forward to an active, exciting, and rewarding year as your president.

--Cynthia Osborn

### Grad Student Listserv

The Ohio State University and ACA are pleased to announce the formation of a listserv intended to meet the needs of graduate students in counselor education. COUNSGRADS has been developed to help graduate students from across the country communicate with one another. Students can talk about classes, internships, papers, and ideas about the profession. Darcy Haag Granello, a counselor educator at The Ohio State University, is the list owner. Questions regarding the listserv can be sent to her at [granello.1@osu.edu](mailto:granello.1@osu.edu). To sign up for the listserv, send an e-mail to: [listserv@lists.acs.ohio-state.edu](mailto:listserv@lists.acs.ohio-state.edu) with the following in the body of the message: subscribe COUNSGRADS firstname lastname

### Legislative Update

Cynthia Snyder, J.D.

State Issue 2, the proposed state sales tax increase to fund public education, was resoundingly defeated. The margin of defeat, 80% opposing to 20% supporting, was higher than most pollsters had predicted. The reaction of Republican leadership has been to state that the new formula is funded by current allocations through next

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fiscal year. But by July 1, 1999, additional resources will be required. Accordingly, the next governor and General Assembly will be expected to address the problem.

The General Assembly is now recessed for the summer. This means many bills will not receive sufficient action for passage before the *sine die* adjournment on or before December 31, 1998. Bills which OCA supports which are threatened with inaction are:

**HB 719** Morgan legislation in which OCA has coalesced with other mental health organizations to provide guidelines to mental health professionals regarding their obligations when an outpatient client threatens to harm a third party; and

**HB 718** Mental health parity.

Bills OCA does not support which will probably die:

**HB 589** Licensure of art therapists;  
**SB 157** Licensure of recreation therapists; and  
**SB 261** License of marriage and family therapists.

Opposition to the above centers upon the following: (1) exclusive nature of some of the bills which would prevent counselors now practicing some of the above therapies from continuing to do so; (2) overextending an already overloaded Ohio Counselor and Social Worker Board by adding the oversight of some of the above practitioners to its responsibilities; and (3) lack of sufficient rigor in training comparable to that of the training for licensed counselors.

All 99 House seats and 18 of 33 Senate seats are up for election this November. Please support those who have supported the profession of counseling and its issues.

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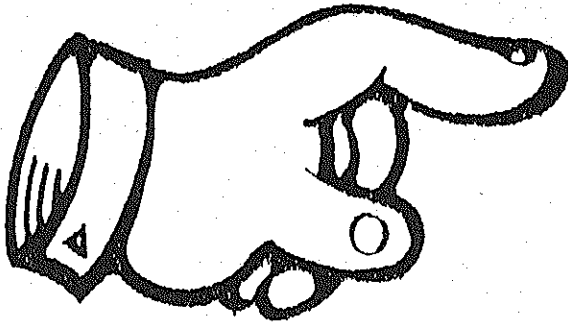
*Otto F. Kernberg, M.D.*

*Author of Love Relations: Normality and  
Pathology, Yale University Press*

Saturday, September 26, 1998  
Cleveland, Ohio

*For information, contact*  
The Cleveland Psychoanalytic Society  
11328 Euclid Avenue  
Cleveland, Ohio 44106  
216/229-2111





## OCA MEMBERSHIP

PROVIDES MANY BENEFITS FOR SCHOOL, MENTAL HEALTH, CAREER AND REHABILITATION COUNSELORS. INVEST IN YOUR PROFESSIONAL FUTURE BY JOINING YOUR FELLOW COUNSELORS WHO BELONG TO THE OHIO COUNSELING ASSOCIATION. OCA IS WORKING FOR YOU BY MAINTAINING A LEGISLATIVE CONSULTANT, PROVIDING AN ONGOING STRATEGIC PUBLIC RELATIONS CAMPAIGN, AND PROVIDING PROFESSIONAL DEVELOPMENT OPPORTUNITIES.

WE NOW OFFER OUR MEMBERS A DISCOUNT AT ADAM'S MARK HOTEL IN COLUMBUS, LOCATION OF OUR FALL, 1998, ALL OHIO COUNSELOR CONFERENCE, AND DISCOUNTS ON CAR RENTALS THROUGH HERTZ. WHEN MAKING A RESERVATION AT THE ADAMS'S MARK HOTEL, SIMPLY STATE THAT YOU ARE A MEMBER OF OCA. YOUR MEMBERSHIP CARD MAY ALSO BE REQUIRED WHEN REGISTERING. IF YOU ARE INTERESTED IN A CAR RENTAL DISCOUNT THROUGH HERTZ, PLEASE SUPPLY THEM WITH YOUR DISCOUNT CODE NUMBER: 177946. PROOF OF MEMBERSHIP MAY ALSO BE REQUIRED. WE LOOK FORWARD TO MORE DISCOUNTS FOR OUR MEMBERS SOON!

FOR MORE INFORMATION ABOUT LEGISLATIVE UPDATES AND MORE. . . CHECK OUT OUR WEB SITE: [www.ohiocounselingassoc.com](http://www.ohiocounselingassoc.com).

IF YOU HAVEN'T ALREADY JOINED US, JOIN US NOW!!

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1998-99

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# LPC/LPCC EXAM REVIEW COURSE WORKSHOPS

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## Columbus

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## Cleveland

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